

Needham Youth Services

(Formerly known as the Needham Youth Commission)

Fall and Winter Programs 2011/2012

Programs for
kids of all ages

Trainings for
Parents

Counseling
Services

Workshops
in school

Community
Presentations



Volunteers Spencer and Lizzie, helping to clean the Stephen Palmer Senior Center as part of our summer program Project VAN (Volunteers Around Needham).

Registration begins Monday, September 12, 2011

Registrations are accepted as follows:

Mail:

Needham Youth Services
Needham Town Hall
1471 Highland Avenue
Needham, MA 02492

In Person before 10/7/11:

Monday - Friday, 8:30am - 5:00pm
Needham Youth Services
Public Services Administration Building
500 Dedham Avenue

**To learn more about
Needham Youth Services
or if you have questions,
please call our office at
781-455-7500**

In Person starting 10/12/11:

Monday - Friday, 8:30am - 5:00pm
Needham Youth Services
Needham Town Hall
1471 Highland Avenue

www.needhamma.gov/youth

- Needham Youth Services will be moving back to the newly renovated Needham Town Hall •
- Please stop by and see our new office space starting October 12, 2011 •

Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents. We also offer a **Substance Abuse Awareness Program**, a 15-hour assessment, education, and intervention program which takes an innovative approach to the topic of alcohol and drugs. Learn more about our counseling services online at www.needhamma.gov/youth/counselingservices.



Fall/Winter School and Community Partnerships

High Rock:

Safe Surf Internet Program, workshop on friendship and cyber-bullying

Pollard Middle School:

Picture Perfect, workshop on gender roles & the media

Needham High School:

Loss and Teen Dating Violence seminars

Elementary schools:

Social skills groups

Community Wide:

Peer Tutor program is in full swing

RAY of Hope Program

The RAY of Hope award (Recognize A Youth) is a monthly recognition of a youth who is giving back to the community and/or is a role model for their peers. The program has no age limit — kindergarten through high school...and yes, we have had recipients as young as 5 years old!

To learn more and/or to nominate a youth for "RAY" you can download a form online at: www.needhamma.gov/youth/ray or one can be obtained at the Needham Youth Services office.

Fall/Winter Youth Programs

Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six hours and is offered as a three-day course. Students must be in the sixth grade and at least 11 years old to take the class. Additional sessions will be offered in the spring. Learn more at www.needhamma.gov/youth/babysitting.



Dates: Session 1: October 18 & 25, November 1
Session 2: November 29, December 6 & 13 (snowdate: December 20)
Session 3: January 11, 18, & 25 (snowdate: February 1)

Cost: \$45 (waived in the event of financial need)

Location: Session 1 at Pollard (2:45 - 4:45pm)
Sessions 2 & 3 at High Rock (2:30 - 4:30pm)

Facilitator: Courtney Hale, MA

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VIP Program

(Valuable Interactions with Peers)

Introducing Youth Services' new mentoring program!



VIP is a peer mentoring program designed for high school students and elementary students in 3rd through 5th grades. It is a weekly opportunity for elementary aged students to spend quality time with a high school mentor. The meetings, supervised by Needham Youth Services staff, are designed to provide a fun atmosphere for all!

VIP is a valuable opportunity for elementary school students to have fun, play games, and interact with a role model, and it's a great way for high school students to earn their community classroom credit hours, while making a difference in a younger student's life.

**Big VIPs and Little VIPs must be available
Tuesday nights from 6:30 - 7:30 November to April**

Cost: Free
Location: Stephen Palmer Senior Center
Facilitator: Katy Colthart, LICSW

Registration is ongoing for Big VIPs and Little VIPs applications are available in our office, or online

Application Deadline: 10/3/11

Learn more and/or apply online at:
www.needhamma.gov/youth/VIP



Fall/Winter Parent Programs

A Conversation...For Parents of Teens

Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings (which will include dinner). Additional sessions will be offered in the spring. Learn more at www.needhamma.gov/youth/aconversation.



Dates:	October 18th	Make peace (and not war) with your teen
	November 8th	Teen drug & alcohol use
	December 6th	Teen stress, depression, and suicide
	January 24th	Open Agenda: discuss any teen issue

Registration for the following winter/spring

“A Conversation...” programs opens in early January:

February 7th	Make peace (and not war) with your teen
March 6th	Teen Secrets: what they are and what parents need to know about them

Cost: Free

Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refers) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at www.needhamma.gov/youth/QPR.

Register now for: October 27, 2011

Cost: Free

Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

(Registration for the February 2, 2012 QPR opens in early January)

Patrick C. Forde
Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, this award will recognize an adult in the community who has helped make Needham a better place to live through his/her volunteer work and commitment. The recipient will be a person of high character, a person who has contributed in some significant way to Needham children, youth, and/or families, and a person who has enhanced the lives of those with whom they interacted. Learn more at www.needhamma.gov/youth/fordeaward.

**You are invited to our annual ceremony
at the Needham Public Library
Monday, January 23, 2012 at 5:00pm**

Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and parents may not know what to do next.

Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth and development.

BIP: Bullying Intervention Program

In the past year, the issue of bullying has generated much attention...and for good reason. While bullying is a problem that has existed for many years, it is not inevitable, and steps can be taken with those students involved to help prevent future occurrences. Needham Youth Services has designed a 10-hour program for aggressors to:

- (1) **Assess** their attitude toward bullying and the likelihood of similar behavior in the future;
- (2) **Educate** the aggressor about bullying; and
- (3) **Build Skills** such as decision-making, dealing with stress and peer-pressure, and defining future goals.

Ultimately, BIP participants gain an appreciation of the dangers of bullying and learn the skills needed to make mature and responsible decisions in the future.

Referrals are accepted from the Needham Public Schools, Needham Police Department, Dedham District Court, private schools, and/or from parents. To learn more, visit: www.needhamma.gov/youth/BIP.

General Information

Most of our services are **Free** of charge

Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at www.needhamma.gov/youth/email and click on the year of birth of your child/children.

We ask for the year your child was born so that we can send you information that pertains to your child --- thus eliminating unwanted information. If you have more than one child, you must register for each child (by year of birth) individually.

Payment

Most of our services are **FREE** of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham - Youth Services".

Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at www.needhamma.gov/youth/fee.

Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

Inclement Weather

It is our policy that if Needham Public Schools close due to weather, our programs will also be cancelled. Weather related cancellations will be posted on our website at www.needhamma.gov/youth.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

Employment Program

The Employment Program assists young people in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores.

Youth age 12 to 21 who want to work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign this form.

Both the Residential Employment Books and the Job Posting Books are available on Tuesdays from 9:00 am - 4:00 pm or by appointment. Forms may be requested/submitted at any time during the business week. There is a \$5 fee for this service for residents (\$10 for the express listing); there is no charge for youth using the Employment Program. Learn more at www.needhamma.gov/youth/employment.

The Employment Program does not screen any applications or individuals---we act simply as a clearing house and an information source.

For further information please contact Carol Rosenstock 781-455-7500 x267 or Crosenstock@needhamma.gov

What's Ahead in Spring/Summer 2012:



Make a Statement Day returns to Needham High on March 30, 2012

Needham Unplugged March 2012

No homework/meeting night is March 15, 2012



— **Register for the following in May 2012** —



Peer Tutor 2012 - 2013

Extreme Looks Program offered in late June, 2012



Project VAN returns for its 15th summer this July, 2012

Needham Youth Services Registration Form

(Please complete the entire form)

PARTICIPANT INFORMATION

Participant's Name:

M/F DOB:

Address:

Zip Code:

Home Phone:

Cell Phone:

Email Address:

Grade & School:

PARENT/GUARDIAN INFORMATION

Name:

Cell Phone:

Email Address:

EMERGENCY INFORMATION

Name:

Relationship:

Phone:

Name:

Relationship:

Phone:

Allergies:

Medical Conditions:

PROGRAM INFORMATION

Program Name

Session

Fee

Donation to Needham Youth Services:

\$

Total Amount :

\$

Make Checks payable to "Town of Needham — Youth Services"

REQUIRED

Authorization of Participation

I, the undersigned parent/guardian of _____, give permission for my child to participate in a Needham Youth Services' program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention.

SIGNATURE _____

Date _____

OPTIONAL

Authorization to Photograph/Videotape

I, _____, do hereby give permission to the Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways:

As part of the Needham Youth Services' website regarding this specific program.

As an enclosure to letters sent to potential funding sources.

As part of an article in the Needham Times, Hometown Weekly, Boston Globe, Needham Patch, etc.

As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel.

SIGNATURE _____

Date _____

Office Use Only:

Received ____/____/____

Check #:

Amt. \$ _____

Confirmation Sent ____/____/____